

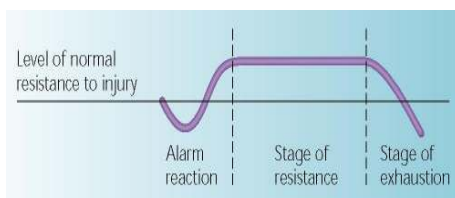
Stress management in corporate employees

Stress is a process that builds until you feel like that you are going to explode. It is more effective to intervene early in the process rather than later. Try to become aware of the signs that suggest the process has begun. How you handle stress can mean the difference between being happy and productive.... or frustrated and anxious....

Stress in the workplace often results due to poor time management, weak organization skills and lack of ergonomics to help reduce all these factors. Indicators that may show that one is encountering stress are trembling, insomnia, headaches, indigestion, pain in body, general irritability, increased blood pressure. Although stress is a necessary part of life our goal should not be to eliminate stress but to use it to our advantage. Effective stress management can lead to a less stressful life, and ultimately to **more happiness and satisfaction within your work environment.**

A healthy organization is defined as, "One that has low rates of illness, injury and disability in its workforce and is also competitive in the marketplace". Effects of stress can be Physical, emotional and behavioral.

The three main stages of stress are alarm – fight or flight reaction, **Resistance** – characterized by increased resistance to stress and **exhaustion** – life threatening physiological reaction. A person should avoid reaching to the third stage.



Since job and workplace stress grow in times of economic crisis, it's important to learn new and better ways of coping with the pressure. The ability to manage stress in the workplace can make the difference between success and failure on the job. Your emotions are contagious, and stress has an impact on the quality of your interactions with others. The better you are at managing your own stress, the more you'll positively affect those around you and the less other people's stress will negatively affect you.

There are a variety of steps you can take to reduce both your overall stress levels and the stress you find on the job and in the workplace. These include:

- **Taking responsibility** for improving your physical and emotional well-being.
- **Avoiding pitfalls** by identifying habits and negative attitudes that add to the stress you experience at work.
- **Learning better communication skills** to ease and improve your relationships with management and coworkers
- **Nutrition and healthy lifestyle** – Eating healthy food and being active in day-to-day life is a boon for corporate workers.

Other ways of coping with stress in corporate environment

- Learning to recognize your particular stress response and become familiar with sensual cues that can rapidly calm and energize you.
- Staying connected to your internal emotional experience so you can appropriately manage your own emotions. Knowing what you are feeling will add to your self-confidence and improve your self-control.
- Learning to recognize and effectively use the nonverbal cues that make up 95-98% of your communication process including eye contact, facial expression, tone of voice, posture, gesture and touch.
- Developing the capacity to meet challenges with humor. There is no better stress buster than a hardy laugh and nothing reduces stress quicker in the workplace than mutually shared humor.
- Learning to navigate conflict by becoming a good listener and someone who can face conflict fearlessly with the expectation that differences resolved will strengthen the relationship.

Thus as you learn to manage your job stress and improve your work relationships, you'll have more control over your ability to think clearly and act appropriately. You will be able to break habits that add to your stress at work and also you will even be able to change negative ways of thinking about things that only add to your stress.

Therefore the saying said is true **don't live to work. But work to live.**